



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09039, Avocados, raw, Florida

Report Date: June 29, 2017 22:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:33% Refuse Description: Seed and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pureed 230g	1 fruit without skin and seeds 304g
Proximates						
Water ^{1 2 3 4}	g	78.81	7	2.474	181.26	239.58
Energy	kcal	120	--	--	276	365
Energy	kJ	501	--	--	1152	1523
Protein ¹	g	2.23	4	0.170	5.13	6.78
Total lipid (fat) ¹	g	10.06	4	0.906	23.14	30.58
Ash ¹	g	1.08	4	0.140	2.48	3.28
Carbohydrate, by difference	g	7.82	--	--	17.99	23.77
Fiber, total dietary ^{1 2 4}	g	5.6	6	0.836	12.9	17.0
Sugars, total ²	g	2.42	1	--	5.57	7.36
Sucrose ²	g	0.00	1	--	0.00	0.00
Glucose (dextrose) ²	g	2.17	1	--	4.99	6.60
Fructose ²	g	0.25	1	--	0.57	0.76
Lactose ²	g	0.00	1	--	0.00	0.00
Maltose ²	g	0.00	1	--	0.00	0.00
Minerals						
Calcium, Ca ^{1 5}	mg	10	5	0.875	23	30
Iron, Fe ^{1 5}	mg	0.17	5	0.023	0.39	0.52
Magnesium, Mg ^{1 5}	mg	24	5	3.463	55	73
Phosphorus, P ¹	mg	40	4	5.347	92	122
Potassium, K ^{1 5}	mg	351	5	73.288	807	1067

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pureed 230g	1 fruit without skin and seeds 304g
Sodium, Na ^{1 5}	mg	2	5	0.474	5	6
Zinc, Zn ^{1 5}	mg	0.40	5	0.002	0.92	1.22
Copper, Cu ^{1 5}	mg	0.311	5	0.048	0.715	0.945
Manganese, Mn ^{1 5}	mg	0.095	5	0.012	0.219	0.289
Vitamins						
Vitamin C, total ascorbic acid ¹	mg	17.4	4	3.628	40.0	52.9
Thiamin ¹	mg	0.021	4	0.005	0.048	0.064
Riboflavin ¹	mg	0.053	4	0.010	0.122	0.161
Niacin ¹	mg	0.672	4	0.182	1.546	2.043
Pantothenic acid ¹	mg	0.931	4	0.155	2.141	2.830
Vitamin B-6 ¹	mg	0.078	4	0.004	0.179	0.237
Folate, total ¹	μg	35	4	7.525	80	106
Folic acid	μg	0	--	--	0	0
Folate, food	μg	35	4	7.525	80	106
Folate, DFE	μg	35	--	--	80	106
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE ¹	μg	7	4	0.967	16	21
Retinol	μg	0	--	--	0	0
Carotene, beta ¹	μg	53	4	7.527	122	161
Carotene, alpha ¹	μg	27	4	6.718	62	82
Cryptoxanthin, beta ¹	μg	36	4	14.271	83	109
Vitamin A, IU ¹	IU	140	4	19.340	322	426
Vitamin E (alpha-tocopherol) ³	mg	2.66	1	--	6.12	8.09
Tocopherol, beta ³	mg	0.08	1	--	0.18	0.24
Tocopherol, gamma ³	mg	0.39	1	--	0.90	1.19
Tocopherol, delta ³	mg	0.00	1	--	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	1.960	--	--	4.508	5.958
16:0	g	1.905	2	--	4.381	5.791
18:0	g	0.055	2	--	0.127	0.167

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pureed 230g	1 fruit without skin and seeds 304g
Fatty acids, total monounsaturated	g	5.513	--	--	12.680	16.760
16:1 undifferentiated	g	0.825	2	--	1.897	2.508
18:1 undifferentiated	g	4.689	2	--	10.785	14.255
Fatty acids, total polyunsaturated	g	1.676	--	--	3.855	5.095
18:2 undifferentiated	g	1.580	2	--	3.634	4.803
18:3 undifferentiated	g	0.096	2	--	0.221	0.292
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.028	--	--	0.064	0.085
Threonine	g	0.082	--	--	0.189	0.249
Isoleucine	g	0.094	--	--	0.216	0.286
Leucine	g	0.160	--	--	0.368	0.486
Lysine	g	0.147	--	--	0.338	0.447
Methionine	g	0.042	--	--	0.097	0.128
Cystine	g	0.031	--	--	0.071	0.094
Phenylalanine	g	0.108	--	--	0.248	0.328
Tyrosine	g	0.054	--	--	0.124	0.164
Valine	g	0.120	--	--	0.276	0.365
Arginine	g	0.099	--	--	0.228	0.301
Histidine	g	0.055	--	--	0.127	0.167
Alanine	g	0.121	--	--	0.278	0.368
Aspartic acid	g	0.264	--	--	0.607	0.803
Glutamic acid	g	0.321	--	--	0.738	0.976
Glycine	g	0.116	--	--	0.267	0.353
Proline	g	0.110	--	--	0.253	0.334
Serine	g	0.128	--	--	0.294	0.389
Other						
Sources of Data						
¹ Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD						
² Nutrient Data Laboratory, ARS, USDA Dietary Fiber and Sugars in Commonly Consumed Foods, 1994 Beltsville MD						
³ Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD						
⁴ Nutrient Data Laboratory, ARS, USDA Total dietary fiber in 104 foods, 1992 Beltsville MD						
⁵ N.J. Miller-Ihli Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311						